

The Day's Work

—is bound to be a drain on your mental and physical forces. The resources of the system are taxed and augmented by drinking.

Culmbacher BEER

—a beverage and a tonic combined. Drink it at meal times—drink it at any time; it'll do you for any amount of mental or physical work. 12 pints, or 24 pints, \$1.25. Delivered in unlettered wagons.

Washington Brewery Co.,
4th and F Sts. N.E. Phone 2154.
e-25, s-10, th-26

—The best bread for children—the best bread for adults—is our delicious and nutritious

Milk Bread.

—Made and baked by experts in a model home bakery. No loaf. Delivered fresh daily.

Holmes' Bakery, 1st & E Sts.
e-25, s-10, th-26

Granola

is used on the diet tables of the Battle Creek Sanitarium, where lives would pay the forfeit were ordinary foods used.

Sharp men making "foods" have located at Battle Creek to take advantage of the Sanitarium's reputation, but the public is protected, as a picture of the Sanitarium appears on each package of Granola.

Drink CAMEL CEREAL and sleep well. Send 3 cents for Granola sample to

BATTLE CREEK SANITARIUM
FOOD CO.,
Battle Creek, Mich.

HOUSE-OLD PRINTS

A pathetic little story with a moral for all housewives comes from Kentucky, where the State Federation of Women's Clubs has recently established a settlement among the mountain whites. Its object is to teach the girls and women of that remote region, through personal example, how to make the most of their simple surroundings and to prepare them for the duties of wives and mothers in the best sense.

When the little kitchen, with its oilcloth floor, was set up, the boxes nailed to the trees for cupboards and the buckets and baskets for provisions hung to the lower boughs, the interest of the women, who had come from far and near, knew no bounds. A teacher of hygienic cooking never knew a table could look so good, and by suggestion placed a glass of wild flowers in the center, one of them voiced the experience of the rest when she remarked: "I never knew a table could look so good, but I never saw flowers on an eating table before. Then, after a moment of reflection, she said, drawing the logical inference: "I never did think of it, but things do eat better when they look pretty."

Ignorant and unsophisticated as this child of the mountain was, she had intuitively grasped the secret that every woman must possess if she would be a successful housekeeper. The eye must be satisfied before the stomach can be satisfied.

The old saying, "It looks good enough to eat," is based upon this universal law. Women may each prepare a meal, using exactly the same materials, and yet possibly cooking equally as well. Yet the one may tempt the capricious appetite, the other destroy it. The naturally robust one, there is no excuse for the miserly, who, in the dishes sticky and awry, the foods slapped on the plates, the hair in the butter, the streaked and spotted, the unkept serving maid, all these things, blessed, be the little home well kept; the simple dinner tastefully laid, and carefully served with the same quietude and appropriateness dressed. Then, "good-bye," and waits on appetite, and health on both.

In front of him he sees a picturesque white building, consisting of whitewashed brick, and shaped somewhat like a horseshoe. The interior of the palace is simple and charming view it is that presents itself to the eye of the visitor as he drives through the almost English-looking village.

Up to the main entrance leads a flight of stone stairs. When their ascent is over, going for a drive the picture is very pretty, especially when the sun is shining. Round the simple courtyard stand three or four stables, each with a stable door and a horse; on the box the coachman and footman in brilliant liveries, a mass of scarlet and blue, and a few attendants.

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Up to the main entrance leads a flight of stone stairs. When their ascent is over, going for a drive the picture is very pretty, especially when the sun is shining. Round the simple courtyard stand three or four stables, each with a stable door and a horse; on the box the coachman and footman in brilliant liveries, a mass of scarlet and blue, and a few attendants.

September showers have brought up quantities of pink and white field mushrooms, and from now until December this most dainty and piquant variety of edible fungi may crown any feast.

The majority of people cook mushrooms too much. They should not be simmered over a low fire for more than ten minutes, and served quickly, to be perfect. Opinions differ as to the necessity of peeling mushrooms. While the majority of people prefer to peel them, others contend that it is not worth the trouble. They declare that much of the delicate and characteristic flavor is lost by removing the skin. They should be carefully wiped with a damp cloth, however, and the stalks cut off up to the cap. Do not throw away the stalks, but save to make a sauce for the steak or chops. Mushrooms may be boiled over a clear fire, first dusting with salt and pepper, then rolling each one in olive oil, or they may be baked, stewed or fried in butter. To prepare them for the chafing dish, put two tablespoons of butter in the cutlet pan, and set over a low fire. Cook five minutes after the butter is melted, lay a layer of mushrooms, cut and wiped, then down. Cover the dish and allow to stand in the butter a few moments before lighting the lamp. Cook five minutes after the water begins boiling. At the end of the time sprinkle a little salt on each cap, and cook five minutes longer. Add two tablespoons of thick cream, and stir with a spoonful paprika, and, if desired, one tablespoonful of sherry or madeira. Have a delicate slice of toast on each of the plates, and serve immediately.

With the annual autumnal rearrangement of the house, the hanging of the pictures becomes of almost as much importance as the old-time "hanging of the crane."

The harmonious and pleasing appearance of a room depends not alone upon the good taste evidenced in the selection of its pictures, but the judgment shown in their proper arrangement and hanging.